



Jefferson Elementary School District  
invites you to an engaging and informative  
online evening for parents

# The Psychology of Technology

## Supporting Tweens' and Teens' Digital Health and Well-Being

Tuesday, May 2, 2023  
6:00 PM - 7:15 PM

- ▶ Focused on middle school students and their parents
- ▶ Understand the lure of social media and video games and how they hook and engage kids and teens
- ▶ Learn ways to support your child with challenging online issues such as bullying, addictive behavior, and technoperfection
- ▶ Gain strategies and tools to help your child self-regulate, make good decisions, and recognize risky behavior
- ▶ Promote healthy and mindful digital use for the whole family



[Click here for the presentation](#)

Presented by



My Digital TAT2 is a nonprofit that addresses how to build healthy habits, critical thinking, and thoughtful online behavior in order to integrate technology into our lives in a constructive way. For more parent resources and to learn about our work, visit us at: [www.mydigitaltat2.org](http://www.mydigitaltat2.org)

